

NEWS

Child Nutrition

CACFP EDITION

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Nutrition Education

With the increased number of young people who are overweight and suffer from health conditions related to being overweight, nutrition education has taken on a new sense of urgency. It is never too early to start educating children about and exposing them to healthy food choices. You are in a position to make a difference in the health of youth in America.



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► From the Director's Desk

Inheriting the Future

We at Child Nutrition Programs are excited to introduce CNPWeb our new Internet-based computer program for managing information for the Child and Adult Care Food Program and for receiving and processing claims for reimbursement. Implementing this paperless process will mean many changes for you at the local level and for us at the Department of Education. We truly believe that the changes will mean a future with more efficiency, less work, and improved data.

The new process will be up and running in time for the start of the new program year in October. There will be many opportunities in the coming months to learn about how the new system works, practice using the system, and to set up an account prior to the start of the new claiming year. Look for Informational Sessions for your program or center and hands-on classes during the summer. Everyone will also be able to practice on-line to see how easy it will be to complete the application (what we now call a renewal) and submit claims.

Yes, this new Internet system will mean some changes. Many of the changes will make your life easier! The claim will be submitted instantaneously – no more claim forms lost in the mail or delivered late. You will be able to check the status of the claims at any time to find out when a payment is made or how much you were reimbursed.

We are sure that people with all different levels of computer experience – from the practiced surfer to the complete novice – will find that the system is easy to understand and user-friendly. CACFP programs all over the country are using this type of process. They – like you, perhaps – might not have a computer for the day care or food service program, but they – like you – have access to computers that are in the agency's administrative office, local library or perhaps a nearby school or even at home. Submitting the claim will take only a few minutes each month.

Some features of the new program will mean a change in procedure. For day care centers, we will be using claiming percentages instead of a blended rate. This will mean very little difference at the local level but there will be a more precise figure from which to draw down the federal money that pays the reimbursements. Other differences will mean some changes in the way everyone keeps records. For example, we will be collecting all information on a site basis. Therefore, you will not combine meal counts from all the sites you sponsor; rather, every site's information will be reported separately. The beauty of an automated system is that you will only have to enter the vital new data at any given time. The computer will fill in as much of the repetitive blanks as possible.

I look forward to seeing you at the Informational Sessions later in the year and to sharing with you the future of Child Nutrition programs in Vermont.

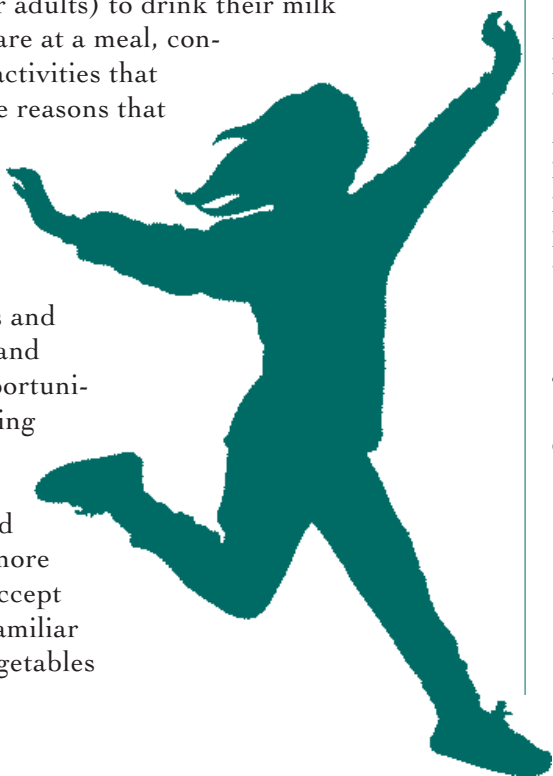
In a time of drastic change it is the learners who inherit the future.
– Eric Hoffer

~ Jo Busha, State Director

► Focus on Nutrition Education

Nutrition education is vital for children to develop and maintain a healthy lifestyle and for adults in care to be as healthy as possible. And it involves more than providing nutrition information. Children and adults in care need opportunities to make sound decisions based on this information, and access to a variety of nutritious foods and beverages that promote a healthy lifestyle. When children and adults have multiple opportunities to practice what they learn, they are more likely to internalize healthy eating behaviors.

Nutrition education is frequently thought of in a narrow sense—providing information. However, giving just “the facts” without opportunity for becoming personally involved in the education process is less likely to result in a change in behavior. For example, in addition to encouraging children (or adults) to drink their milk when they are at a meal, conduct some activities that focus on the reasons that milk is important. Plan some activities to help learn about fruits and vegetables and include opportunities for tasting different ones. Both children and adults are more willing to accept new or unfamiliar fruits or vegetables



when there has been some introduction to them. Plan meals and snacks that are more than just the minimum requirements for CACFP. Be sure they pack a nutrition punch, too. They need to see good nutrition in their environment in addition to learning about it in activities.

There are any number of resources available to help with nutrition education. The United States Department of Agriculture (USDA) has produced and distributed a number of books and other materials that are designed to promote good nutrition. For more information, log on to <http://www.nal.usda.gov/Childcare/>

The previous series of newsletters that focused on the Dietary Guidelines for Americans (Volume 1, Issues 1-7) contained a number of learning activities. If you are missing any issues, they can be accessed on the Child Nutrition Web Site. Go to <http://www.state.vt.us/educ/nutrition/> and click on “Forms and Publications” in the sidebar on the left side of the page. Then click on “Publications” at the top of the page.

Additional resources for nutrition information and activities can be found on the Internet. Some of these sites are listed below.

<http://www.nal.usda.gov/Childcare/Resources/index.html>

<http://www.usda.gov/news/usdakids/index.html>

<http://www.nal.usda.gov/Childcare/Links/culturalpractices.html>

<http://www.nal.usda.gov/fnic/etext/000100.html>

<http://www.nncc.org/Nutrition/nutr.page.html>

http://www.cln.org/subjects/nutrition_inst.html

<http://aggie-horticulture.tamu.edu/nutrition/index/index.html>

To find more, do a search for “nutrition activities for preschoolers.”

To get you started, some sample nutrition education activities are outlined on the next 3 pages.

Let's Go Shopping!

Supplies/Materials:

Brown paper bags or plastic shopping bags
Pictures of foods glued to cardboard
Shopping lists of foods in pictures (one for each child or pair of children)

Activity:

Arrange pictures on a table or on the floor and tell children this is the store. Tell them each one is going to have a chance to go shopping. Use a non-partial way to determine who will go first (draw straws, for example). If you have enough space and pictures, you might have the children shop in pairs. Prepare shapes from colored paper and put two of each color (or shape) in a bag and have the children each pick one. Then have them find their partners (same color or shape).

Choose one of the shopping lists and read the first item. Instruct the first child (or pair) to go "shopping" and choose the food that you read from the shopping list. Vary the foods and length of the list based on the age children you are working with.

This is the Way We Wash Our Hands...

Supplies/Materials:

Cooking oil
Ground cinnamon

Activity:

Pour a small amount of oil in a flat pan, sprinkle with cinnamon, and mix together. Have the children dip the palms of their hands in, then rub their palms over the backs of their hands. Explain that this is an activity that will show them why washing their hands with soap and warm water is so important to clean away germs that can make them sick. Also explain that germs are too small to be seen, so today they need to pretend the specks in the oil are germs. Depending on the ages of the children, you may have them try different ways to get rid of the germs.

- Wiping their hands with paper towels
- Rinsing their hands in cool water
- Putting a little soap on their hands then rinsing under cool water.
- Putting soap on their hands then washing them in warm water and soap for about 30 seconds.

Singing the A-B-C song one or twice through or Happy Birthday 2 or 3 times (depending on how fast they sing!) is a good technique to use to illustrate how long they should wash their hands.



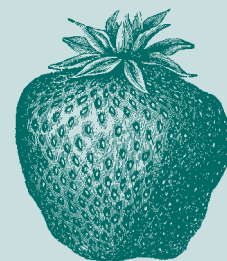
Eating Rainbows

Supplies/Materials:

One or more deep colored fruits and vegetables (e.g., blueberries, strawberries, spinach, broccoli, carrots, cantaloupe, watermelon, orange, etc.) depending on number and ages of children

Other fruits and vegetables, as desired

Paring knife (if needed—for use by teacher)



Activity:

Arrange the fruit(s) and/or (vegetable(s)) on a table. Point to one and ask if anyone knows the name of the fruit/vegetable. Then speak for the fruit/vegetable and ask “What color am I?” Talk about the food: how it grows, where it grows, that bright colored fruits and vegetables are especially nutritious, etc. Talk about whether the food is soft or hard. (With melons compare the outside and inside.) Let them touch and smell a sample (but not eat it since many people may have touched it). Ask if anyone has ever tasted the food before. Tell them they will get a chance right now, but first the food needs to be washed. Explain why this is important. If the food is a type of berry, put them in a strainer and show the children how to wash them. If it is a whole food such as a carrot, show the child(ren) how to wash it, then let them wash their own carrot. Peel the carrot for them and cut them into smaller pieces if needed. Handle other fruits and vegetables as appropriate. This activity can be stretched over a long period of time by introducing children to one or two fruits or vegetables at a time. An extension of this activity might be to prepare the fruit or vegetable in different ways and ask the children to pick their favorite way it is fixed.

Trip Around the World

Supplies/Materials:

Globe

Pictures/information about specific countries and the foods they eat

The Kids' Multicultural Cookbook by Deanna Cook

Everyone Cooks Rice by Norah Dooley

Everyone Bakes Bread by Norah Dooley

Good Morning, Let's Eat! by Karin Luisa Badt

Activity:

Point out where the children live. Point to other countries and explain that children live there too. Choose one country to focus on each time you do this activity. Show pictures of children and food from this country. Explain that people may look different and eat different foods, but they are the same inside. Use appropriate information from one or more of the books listed above. You might start with Mexico because it is close to the United States and they may be familiar with some of the foods that originated in Mexico (tacos, salsa, quesadillas, etc.). Choose a simple recipe or food that the children can help prepare, then taste. Have other foods/dishes from Mexico for them to taste. If you introduce new foods as part of an activity, the children are more likely to be accepting of the food as part of a meal.



How Does Your Garden Grow?

Supplies/Materials:

A variety of seeds: corn, peas, beans, radishes, lettuce, spinach, etc.

A small piece of land that can be tilled

Soil amendments (compost, etc.)

Garden tools that children can handle (to work amendments into the soil and for digging a hole or making a trench to put seeds or started plants in)



Activity:

Talk with the children about foods that grow from seed. Ask if any of them have gardens at home.

Show them some different seeds and talk about what foods grow from those seeds.

Have pictures available if any of the foods are unfamiliar.

To get children ready to work in the garden, you may want to talk to them about how some seeds need to be (or are) planted before it gets warm so they will have a head start and/or enough time to grow before it gets cold again. You might have them plant some seeds that need a head start in paper cups and put them under lights or on a windowsill. Talk about how seeds need food, warmth, water, and light to grow – not too much and not too little. (Compare the seeds' needs with human food, light, warmth, and water needs.)

When it is time to garden, decide if you will have individual children (or small groups) plant certain seeds or if each child will have a place to grow his/her own seeds. When the garden plot has been tilled and the soil is ready, take the children to the garden. Show them the soil amendment(s) that will be used (compost) and explain why it is important to "feed" the soil so the seeds will grow. If the children are old enough they may be able to help work the soil amendment(s) into the soil where they will plant their seeds, then plant their seeds and/or plants they have already started. Make daily trips to the garden so the children can check on the progress of what they have planted.

As various plants mature and need to be picked, talk about the food, and incorporate it into the menu. Or make the preparation of the food an activity so they can have a snack or have it as part of a meal.

Pasta-bilities

Supplies/Materials:

A variety of pasta shapes (elbows, shells, wagon wheels, bowties, lasagna noodles, spaghetti, linguini, etc.)

Heavy paper or paper plates

Glue/paste

Food Guide Pyramid for Young Children

(available at <http://www.nal.usda.gov/Childcare/Resources/foodguidepyramid.html>)

Activity:

Show the different shapes of pasta. Ask the children which ones they have seen or have eaten.

Talk about how pasta fits into the food guide pyramid, and how it is basically the same ingredients made into different shapes. Let the children paste the different shapes on the paper or paper plates to make a picture. Incorporate different shaped pasta into the menu to help children become familiar with the different shapes and forms.

► Administrative Update

We have recently received information from USDA regarding baby fruits and vegetables with Docosahexaenoic (DHA) as well as information on iron-fortified infant formulas. Please be sure to follow these guidelines in the operation of the Child and Adult Care Food Program.

Baby Fruits & Vegetables with Docosahexaenoic (DHA)

Certain baby food products containing (DHA) cannot be served to infants as part of a reimbursable meal in CACFP. DHA is an omega-3 fatty acid that may be added to commercially prepared fruits or vegetables.

The source of DHA in some lines of baby food products, such as Beech-Nut® First Advantage Sweet Potato Soufflé or Tropical Blend, is egg yolk. These DHA-added products combine fruits or vegetables with dried egg yolk, heavy cream, rice flour, vanilla extract, and other ingredients that may not be appropriate for an infant younger than 8 months of age. Introducing these “dessert-like” ingredients into an infant’s diet at an earlier age could result in food sensitivity or a food allergy.

Although DHA- added products cannot contribute to the infant meal pattern, they may be served as additional foods to infants 8 months of age or older. Since they contain several ingredients, additives, or extenders that could cause allergic reactions, FNS recommends that the center or provider check with the infant’s parent or guardian, before serving them.

Iron-Fortified Infant Formulas

It is recommended that the center or day care home offer the type of formula that the infant’s health care provider has suggested to the infant’s parent or guardian. If the child care facility offers a different type of formula, the infant’s parent or guardian may choose to decline the offered formula, and supply another type. Meals containing only infant formula supplied by the parent, and no other component, are not reimbursable. For more information, please contact the State Agency.

CACFP does not require a medical statement when the following iron-fortified infant formulas are served to infants in the specified age group. **(A medical statement is required if any of the formulas is served to infants that are not in the specified age group.)**

When served to infants under 4 months...

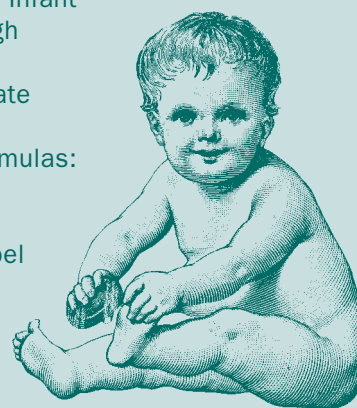
these formulas do not require a medical statement in CACFP:

Milk-based Infant Formulas:

- Carnation Good Start
- Enfamil with Iron
- Enfamil AR
- Enfamil Lactofree
- Similac with Iron
- Similac Lactose Free with Iron
- Similac Advance
- Enfamil Lipil
- Gentle Moments Infant Formula (sold through Wal-Mart)
- Kirkland Signature Infant Formula with Iron (sold through Costco)
- Wyeth-produced Private Label Store Brand Milk-based Infant Formulas: (for a complete listing of the Wyeth produced Private Label brands, please contact the State Agency)

Soy-Based Infant Formulas:

- Carnation Alsoy
- Isomil
- ProSobee
- Gentle Moments Soy Infant Formula (sold through Wal-Mart)
- Wyeth-produced Private Label Store Brand Soy-based Infant Formulas: (for a complete listing of the Wyeth produced Private Label brands, please contact the State Agency)



When served to infants 4 months and older...

these types of formulas do not require medical statements in CACFP:

Milk-based Infant Follow-up Formulas:

- Carnation Follow-up Formula – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
- Gentle Moments 2 Infant Formula with Iron, (sold through Wal-Mart) this formula is designed for infants 4 months and older as the infant grows and adjusts to solid foods.

Soy-Based Infant Follow-up Formulas

- Carnation Follow-up Soy Formula – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
- Wyeth-produced Private Label Store Brand “Follow-on” Infant Formulas (please contact the State Agency for a complete listing)

When served to infants 6 months and older...

these types of formulas do not require medical statements:

Milk Based

- Enfamil Next Step Toddler Formula – This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.
- Ross Similac 2 Toddler Formula – This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.

Soy Based

This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.

- Ross Isomil 2 Soy Toddler Formula – This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.



► Program Administration

Managing Income Eligibility Forms for CACFP

Center based programs that participate in the Child & Adult Care Food Program are required to collect and maintain Income Eligibility forms and information for all enrollees. This information is used to determine reimbursement rates for meals served in centers. Child and Adult Care centers are accustomed to collecting income information from families or participants as they initially enroll in CACFP or for each new fiscal year. However, the process does not end there.

A yearly activity. Income Eligibility Guidelines are published each year by the United States Department of Agriculture (USDA). These guidelines are in effect beginning July 1 of each year. The State Agency prepares Income Eligibility Forms for child care centers and adult care centers with the new guidelines each year. To better manage the current information each year, a different color of paper is used from year to year to differentiate between old, outdated forms and the new forms. These forms, as well as the new Income Guidelines, are mailed to each program by late June so that they may begin to be used by July 1 when the guidelines go into effect.

Programs are required to provide each new enrollee with a current income eligibility form (IEF), with instructions on the back for parents or guardians, and with a cover letter that explains why the information is being collected and also includes USDA's nondiscrimination statement. Once these forms are returned to the center, directors or CACFP administrators are required to review, approve and sign these forms *within 10 days of receiving them*.

Reviewing the IEF for completeness. There are minimum requirements for information that must be on the Income Eligibility Form. Without complete information the forms cannot be approved or may be considered incomplete and therefore over-income.

Some households that have children in day care may submit a Direct Certification letter instead of an application form. They have received this letter directly from PATH, formerly the Office of Social Welfare, that indicates the household receives Food Stamps or Reach-Up benefits. This letter may be submitted in lieu of a form. The director or administrator should sign and date the letter and file it with the eligibility forms.

Approving the applications. Once the application is determined to be complete, it can be determined if the child or adult is free or reduced-price

Minimum Requirements for a Complete Application

FOR CHILD CARE

Households Reporting That They Are Food Stamp or Reach-Up Recipients

- name(s) of children enrolled
- their case number(s)
- signature of the parent or guardian completing the form

Households Applying On Behalf of a Foster Child

- name of child
- child's 'personal use income (if none, enter 0)
- signature of the foster parent or guardian

FOR CHILD AND ADULT CARE

Households That Report Income

- list of all household members, related and unrelated
- income for each adult
- signature and social security number of the parent or guardian completing the form (or an indication that they do not have one)

FOR ADULT CARE CENTERS

Participants Who Receive Medicaid, SSI, or Food Stamps

- the number or case number
- signature, either that of the participant or the participant's guardian.

eligible. Complete applications that include Food Stamps numbers or Reach-Up case numbers (for child care centers) or SSI or Medicaid numbers (for adult care centers) are free eligible. The director must designate the eligibility category, then sign and date each form.

For applications that include household income as the basis for determining eligibility, the family size and total income must be compared to the federal Income Eligibility Guidelines. These are provided to the center each year and list both the “Free” and “Reduced-Price” income limits. (Do not use the income table that is included on the Income Eligibility Form. This table includes “Reduced-Price” guidelines only and is placed there solely for the use of households to determine if their income is at or below that level to be eligible for program benefits.) The director must designate the eligibility category, then sign and date each form. Any forms that are submitted and do not meet the eligibility requirements must also be signed and dated and marked as ineligible.

All children or adults enrolled in a center or program receive meals or snacks for no additional charge. While reimbursement is earned on all meals served to program participants regardless of eligibility category, the center benefits by earning a higher reimbursement rate for enrolled participants whose household incomes are at or below the level indicated on the IEF.

The master list. Once the forms are approved (signed and dated), the information must be recorded on the master list of enrolled participants indicating the child’s or adult’s name, approval date, and eligibility category. If the household does not return the form, the director should record the child’s or adult’s name, enrollment date and check the “paid” or “over-income” category. When a child or adult leaves the center, the director or CACFP administrator must record the date that the participant left the center. The master list and approved eligibility forms must be kept in a folder or 3-ring binder for easy access. A separate folder is recommended for forms for those participants who have left the center or program.

Using the eligibility information on the Claim for Reimbursement. Each month when the Claim for Reimbursement is completed, programs must report the total number of participants enrolled in the center or program, and indicate the number eligible in each category – free, reduced-price and paid or over-income. A participant must be considered enrolled for the month if he/she attended for any part of the month, even if it was just one day. Children who are enrolled in the center as drop-ins or “vacation children” are also considered enrolled until the parents officially withdraw them from the center.

Reimbursement rates. Eligibility information is currently collected in October, or from centers or programs when they initially apply to participate in CACFP, and is used to determine reimbursement rates for each of the meal types served in the center. These rates are in effect from October 1 through June 30th. At that time, the new Federal reimbursement rates go into effect and new reimbursement rates are calculated for the program, and are in effect from July 1 through September 30th. Currently, CACFP reimbursement blended rates are calculated twice per year, in October and in July.

Centers or programs that experience a significant shift or change in their enrollments or ratios may request to have their rates re-blended at any time. To do this, a request must be submitted in writing and be accompanied by the current master list and all income eligibility forms for the center or program.

Keeping records on file. The Income Eligibility Forms, like all other CACFP program records, must be kept on file for a period of 4 years, the current year as well as the preceding 3 fiscal years. Additional forms may be requested any time by contacting the Child Nutrition Program office.



► Bulletin Board

Fit and Healthy: Our Challenge, Our Future

Set aside April 29 for an all-day conference that will focus on incorporating good nutrition and physical activity into your child and adult care programs.

Registration information has been mailed.

Please note that participation in this conference fulfills the annual training requirement for CACFP. Certificates to document your training will be available at the end of the day.

CNPWeb Notes

The upcoming informational sessions will not be hands-on sessions, but a demonstration of the system and explanation of the new procedures. We will be providing a “practice” site for you to go to and “play” with the system before it is time for you to officially set up your account. In addition we will be offering hands-on sessions during the summer and in September to assist you in “signing up” and completing the necessary information for sponsors and centers to establish their accounts.

Celebrations:

April

National Child Care Month
National Child Abuse Prevention Month
April 1 April Fool's Day
April 2 International Children's Book Day
April 7 World Health Day
April 20-26 TV Turnoff Week
April 22 Earth Day
April 25 Walk America Day

May

Child Passenger Safety Month
National Egg Month
National Salad Month
National Strawberry Month
May 4-10 National Garden Week
May 5 Cinco de Mayo
May 9 National Child Care
Provider Appreciation Day
May 11 Mother's Day
May 15 International Day of
Families
May 30 Memorial Day

► **Calendar of Events**

April 29, 2003

**CACFP & SFSP Annual Conference: Fit and Healthy:
Our Challenge, Our Future**

9:00 a.m. – 3:30 p.m.

Sheraton Burlington

Sponsored by VT Department of Education, Child Nutrition Programs

May 14, 2003

Quarterly Training for New CACFP Program Managers

9:30 a.m. – 3:30 p.m.

Central Vermont Medical Center, Berlin

Sponsored by VT Department of Education, Child Nutrition Programs

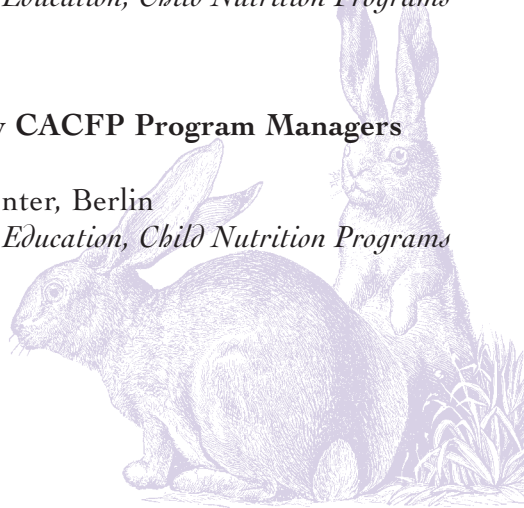
August 13, 2003

Quarterly Training for New CACFP Program Managers

9:30 a.m. – 3:30 p.m.

Central Vermont Medical Center, Berlin

Sponsored by VT Department of Education, Child Nutrition Programs



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of Education**

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